



Fermentation For Beginners: 32 Little-Known Healthy Fermented Food Recipes Full of Probiotics, Enzymes, Vitamins and Minerals, for a Longer and Healthier Life

Ella Marie

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Discover All The Secrets and Countless Benefits of Fermentation TODAY!

***** VERY LIMITED TIME OFFER! 50% OFF! (Regular Price \$19.99) *****

This book is intended to inform and to introduce anyone to the art of fermenting food at home. It is specifically geared towards true beginners. Commercial production of prepared foods causes much more harm than good and greatly reduces any nutritional content of the food. Not only do the processes themselves destroy nutritional content, but most food manufacturers add a cocktail of harmful chemicals that certainly are not healthy for our bodies.

Yes, food fermentation at home is an art. And some of it is trial and error. But, we always live and learn. We can correct many issues on the fly, or make notes to try the next time. When we can decide what goes into our bodies and make a conscious decision to put the best stuff in us, our bodies will improve in overall health. This book is designed to be a springboard to bigger and better fermentations. It will give you a place to start and to hone your skills. After all, isn't that what any good book is for? To enlighten and enrich our lives in some way?

With all that being said, read the book and try the recipes. You will see what I mean about flexibility and health benefits. Happy fermenting, friends!

Inside You'll Find:

- What fermented foods are, and why they are so good for you!
- How fermentation was used throughout history in different cultures
- How to make the base recipes such as Kefir, Whey, Brine, Sauerkraut, etc...
- Fermentation and digestion
- Step-by-step instructions for safe and effective fermentation
- The top health reasons to eat probiotic foods
- COUNTLESS delicious recipes!
- And so much more!

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From reader reviews:

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